



# NCARNG Weekly Safety Newsletter



March 27, 2015

## North Carolina State Safety Office Contacts

State Safety Manager  
COL John Mullinax  
X46253

State Occupational  
Health Manager  
MAJ Christina Henderson  
X46206

State Safety Specialist  
1SG Gregory Greene  
X46420

State Safety Specialist  
Waylan Green  
X46153

Industrial Hygiene Tech  
SFC Wayne Benner  
X46388

Lodging Coordinator  
Newsletter Editor  
Meredith Dixon  
X46637

For more information  
Visit us at [NCGKO](#)  
(CAC Login)



For more Safety  
information visit  
[US ARMY  
SAFETY CENTER](#)



### Be visible:

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.



### Dress for safety:

- Wear a quality helmet and eye protection.
- Wear bright clothing and a light-colored helmet.
- Wear leather or other thick, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and gloves.
- Remember – the only thing between you and the road is your protective gear.

### Apply effective mental strategies:

- Constantly search the road for changing conditions.
- Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Know and follow the rules of the road, and stick to the speed limit.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or other drugs.

### Know your bike and how to use it:

- Get formal training and take refresher courses.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

**Remember: Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they've never been on a motorcycle and can't properly judge your speed.**

\*For more information visit The Motorcycle Safety Foundation at [www.msf-usa.org](http://www.msf-usa.org)

\*\*Visit NCARNG State Safety Office on [NCGKO](#) for information on upcoming Motorcycle Safety Training Classes







# NCARNG Weekly Safety Newsletter



March 27, 2015

## North Carolina State Safety Office Contacts

State Safety Manager  
COL John Mullinax  
X46253

State Occupational  
Health Manager  
MAJ Christina Henderson  
X46206

State Safety Specialist  
1SG Gregory Greene  
X46420

State Safety Specialist  
Waylan Green  
X46153

Industrial Hygiene Tech  
SFC Wayne Benner  
X46388

Lodging Coordinator  
Newsletter Editor  
Meredith Dixon  
X46637

For more information  
Visit us at [NCGKO](#)  
(CAC Login)



For more Safety  
information visit  
[US ARMY  
SAFETY CENTER](#)



## Are Your Ears Ringing?

### Learn About Tinnitus and 3 Ways to Cope



Have you ever gone to a concert and your ears continued to ring long after the concert was over? The ringing eventually goes away. But what if it didn't? Approximately 50 million Americans have permanent tinnitus or ringing in the ears. In fact, tinnitus is the most common service-connected disability for Veterans.

#### WHAT IS TINNITUS?

Tinnitus is a ringing, buzzing, clicking, roaring, or rushing sound in the ears.

Tinnitus is not a disease, but instead a result of some other condition like hearing loss from noise, exposure to explosions, hearing loss from age, infections in the ears or sinuses, head or neck injuries, cardiovascular problems, stress or anxiety, or certain medications.

#### STRATEGIES FOR COPING

There is no cure for tinnitus but treatment options are available to help individuals cope.

**1. Counseling programs** can be individual or group sessions. They can help you manage tinnitus by changing the way you react when you hear the ringing. One of the goals of counseling is to make the tinnitus less bothersome.

**2. Hearing aids** can be used for individuals with tinnitus and hearing loss. Hearing aids allow you to hear better and may make the tinnitus less noticeable.

**3. Sound generators** can be used to help you relax or fall asleep. Sound generators produce soothing, repetitive, sounds. Some sound generators can be worn in the ear and resemble a hearing aid in appearance. These also produce a gentle sound like a "hissing" noise.

#### RISK FACTORS FOR TINNITUS

Many people experience tinnitus now and then but there are factors that can increase your risk.

- **Loud noise exposure.** Exposure to loud noise can damage and even destroy hair cells, called cilia, in the inner ear. Once damaged, these hair cells cannot be renewed or replaced. It is important to protect your hearing with ear plugs when exposed to loud sounds.
- **Head and neck trauma.** Physical trauma to the head and neck can induce tinnitus. Other symptoms include headaches, vertigo, and memory loss.
- **Certain disorders.** Disorders such as hypo- or hyperthyroidism, Meniere's disease, Lyme disease, fibromyalgia, and thoracic outlet syndrome, can have tinnitus as a symptom. When tinnitus is a symptom of another disorder, treating the disorder can help alleviate the tinnitus.
- **High blood pressure.** Health conditions, such as high blood pressure or narrowing of the arteries, can increase your risk of tinnitus.
- **Hearing loss from age.** Tinnitus is common in people over the age of 40, but is becoming increasingly prevalent in younger people, as well, because of increased daily noise levels, including those caused by the unrestrained use of MP3s, iPods and other personal stereos.

If you think you have tinnitus, contact a medical professional for an evaluation and to learn more about your treatment options. Also visit the American Tinnitus Association at [www.ata.org](http://www.ata.org) for more information. \*\*Article from [www.guardyourhealth.com](http://www.guardyourhealth.com)

#### Tinnitus Often Causes:



**Sleepless** Nights,  
Constant **Anxiety**,  
Crazy **Mood Swings**,  
Helpless **Depression**,  
Energy Sapping **Exhaustion**,  
Overall **Stress in Your Life**.

*"The Ringing Just Won't Stop!!!"*